



# **TED Talk Discussion**

## **Third Thursday, 10:15 a.m.**

Watch a 10-minute TED Talk  
and then discuss how the topic  
might impact our lives.

**January 16:** “The brain changing benefits of exercise”

**February 20:** “Inside the mind of a master procrastinator”

**March 19:** “Taking imagination seriously”

*Talks are subject to change.*

---

### **Urbana 50+ Adult Community Center**

Offering fitness, enrichment & social opportunities for ages 50 & older  
301-600-7020; 9020 Amelung Street, Urbana, MD 21704

Like us on Facebook: [Urbana Senior Center - Frederick County, MD](#)  
[UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov)  
[www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices)